8 CHILDREN KILLED IN CHINESE SCHOOL, PG7

Celebrity pg 26

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Travel pg 22

Barcelona: Eccentric, quirky and memorable

UBC prof gets nod from Obama

POSTING U.S. President Barack Obama has tapped a University of B.C. professor for a top science and technology post at the White House.

Carl Wieman, who won the 2001 Nobel Prize in physics, was nominated by Obama as associate director for science, in the White House Office of Science and Technology Policy.

MARTIN DEE/UBC PUBLIC AFFAIRS

Carl Wieman

According to protocol, Wieman cannot do interviews until the U.S. Senate confirms him in the position.

"I am grateful that these exceptional individuals have chosen to dedicate their talents to serving the American people," Obama said in a press release.

"I look forward to working with them in the months and years ahead."

Wieman was lured to UBC in 2007 as professor of physics and director of the Carl Wieman Science Education Initiative. The $12-million venture is aimed at changing the way science is taught at the school.

If confirmed by the Senate, Weiman, who heads a similar initiative at the University of Colorado, will take an unpaid leave of absence.

He is expected to return to UBC on the completion of his service with the Obama administration.

In a release, University president Stephen Toope said Wieman's teaching methods have touched more than 18,000 UBC students.

"His work here has attracted attention from around the world," Toope said. "So we are not surprised that President Obama would seek him out for this position."

JEFF HODSON/METRO VANCOUVER

Please recycle

SHAKH AIVAZOV/THE ASSOCIATED PRESS

President of European Olympic Committees Patrick Hickey, foreground, places flowers on the grave of Nodar Kumaritashvili yesterday in Bakuriani, Georgia. VANOC CEO John Furlong stands at centre during a ceremony to honour the luger killed in Whistler.

Luger remembered at hometown memorial

Family, villagers, Olympic dignitaries pay respects to Olympian

GREG DOWNS
for Metro Vancouver

Speaking from a small mountain community in Georgia, John Furlong said he couldn't imagine missing the graveside ceremony for the luger who died on the opening day of the Vancouver Olympics.

"I'll never forget today, ever," VANOC's CEO said.

Athletes and International Olympic Committee representatives from around the world joined Furlong, who left the Paralympics closing ceremonies early to make it to Bakuriani — Nodar Kumaritashvili's hometown and a winter sports resort.

Just about every resident of the village also attended the ceremony, which was held 40 days after Kumaritashvili's death, in line with Georgian Orthodox Church rites.

An Orthodox priest read a prayer and local men sang traditional Georgian chants over the grave.

"It was obviously a very important day for the community, hundreds and hundreds of people came to show their respects," Furlong said. "I told them (Kumaritashvili's parents) how sorry every Canadian was to have this happen."

The athlete's father, David Kumaritashvili, said in a speech at the ceremony his son's death shouldn't discourage young men from practising luge.

"The tragic death of my son mustn't stop the development of that sport."

Georgian Olympic Committee chief Georgy Natsvlishvili said he would like for a luge track to be built in Bakuriani in the luger's memory, which the IOC said it will help fund.

Furlong said the community plans to honour Nodar's name by using it to build its sport legacy and attract events. He added that VANOC will be exploring ways to further help the family, which is also receiving an insurance payout.

Kumaritashvili died when he lost control of his sled at nearly 145 kilometres an hour, flew off the course and slammed into a trackside steel pole.

At their home, the family has decorated a room in the athlete's memory, placing his sports uniform on his bed next to the flag of Georgia.

"We visited Nodar's bedroom and we left behind all the memorabilia that had been gathered in Whistler (at Kumaritashvili's memorial)," Furlong said.

WITH FILES FROM THE ASSOCIATED PRESS

Bakuriani

- Bakuriani was once a winter sports training centre for Soviet athletes.
- The village was part of the short-lived bid from the neighbouring town of Borjomi for the 2014 Winter Olympics.
- The village has a long history with the sport of luge, and athletics in general, sending three athletes to Vancouver.

Still from a video that shows a Victoria police officer kicking two men on the ground.

Video leads to investigation of Victoria officer

YOUTUBE Victoria police announced yesterday an internal investigation has been launched after one of its members was seen in a YouTube video kicking two men on the ground.

At around 12:30 a.m. on Sunday three officers broke up an eight-man fight outside a nightclub, Sgt. Grant Hamilton said in a release. They witnessed "a victim of an assault lying on the ground being kicked in the head by a suspect."

Police used pepper spray to disperse the crowd with little effect.

"The officers eventually wrestled six people into custody," Hamilton said, adding that portions of the arrest were recorded by a passerby and posted online.

Of the 137 comments on YouTube last night, most suggested one of the officers used excessive force by kicking the two men being arrested.

FERNANDO CARNEIRO/ METRO VANCOUVER

Watch the video of the Vic police arrest at metronews.ca

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Local

Armoured vehicles for RCMP

RCMP in B.C. have acquired two armoured vehicles, left, to provide bulletproof cover when transporting officers in situations that may involve firearms. The unarmed vehicles will be stationed strategically at various locations around the Lower Mainland. METRO VANCOUVER

Scan this code or text LOC to 82442 for local news.
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Burned body ID'd as Langford teen

HOMICIDE Police near Victoria confirmed the identity of a murdered teen whose burned body was found near the popular Galloping Goose Trail.

The body of Kimberly Proctor, 18, of Langford, was discovered on Friday along the popular hiking and biking trail in Colville, just west of Victoria. The body had been burned, making identification difficult.

Kimberly Proctor

RCMP Insp. Mark Fisher delivered the news to the girl's family Monday.

"I cannot even imagine the pain they are going through," Fisher said. "Kimberly Proctor came from a loving family that was close-knit and will miss her dearly."

The high-school student was in her graduating year at Pacific Secondary and had been missing since Thursday. She was last seen getting off a bus at 10:20 a.m. METRO VANCOUVER

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WHAT'S ONLINE TODAY

Blogs SpinDoctor takes the Tories and Liberals to task for ham-fisted message management

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Tweeters coming out in force

Twestival proceeds to go to education in developing nations

KRISTEN THOMPSON
kristen.thompson@metronews.ca

Hundreds of Vancouver Tweeters will be stepping out of cyberspace and meeting face-to-face tomorrow night at Twestival, the world's largest fundraiser organized through Twitter.

The festival is being held simultaneously in 200 cities around the world, including at the CBC in Vancouver.

Proceeds from the $20 admission go to Concern Worldwide — or @Concern Worldwide — to improve education in developing nations.

Popular Vancouver blogger Rebecca Bollwitt, author of miss604.com, is organizing the event and said social media are powerful tools to bring about social change and spread awareness about charitable campaigns.

"For a very low cost, a non-profit can put one tweet out and that chain reaction gets passed on," said Bollwitt, who has 10,579 Twitter followers. "Whatever I put on Twitter goes to my followers, and my followers re-Tweet to their followers."

Bollwitt said people use Facebook and Twitter for more than just status updates, and that social networking will continue to change the way people do business and campaign for causes.

"It joins (people who) use the same tool to communicate but don't necessarily work within the same circle," Bollwitt said. "You can sit there on your computer and make a difference with the click of a button."

Inaugural fundraiser

- The first Twestival was held last year in 202 cities to support @charitywater and the improvement of accessibility to clean drinking water in developing nations.
- More than 10,000 donors raised in excess of $250,000 to build 55 wells in Uganda, Ethiopia and India.

Mayor lauds city shelters in homeless count

JEFF HODSON
jeff.hodson@metronews.ca

COUNT Vancouver's mayor credits the city's emergency winter homeless shelters for the relatively small number of people observed sleeping on city streets in yesterday's homeless count.

About 300 volunteers visited shelters, drop-in centres and alleyways, tallying the number of homeless people and asking them questions such as how often they use shelters and what health services they use.

Mayor Gregor Robertson spent about three hours yesterday morning in the alleys on either side of Granville Mall with Jill Davidson, the city's assistant director of housing policy.

"There are still people sleeping outside," Robertson said. "But it looks like we may have fewer sleeping outside and rough than we did two years ago."

In 2008, a regional count found 1,547 homeless in Vancouver and a total of 2,592 across the region.

About 600 people spent the night in the city's HEAT and emergency winter response shelters, Robertson added.

The emergency shelters, which are scheduled to close at the end of April, were full to capacity through winter and often had to turn people away.

"The shelters are doing their part to help people get through the winter. To eat, sleep and take care of themselves better."

Findings from the homeless count will be presented to council at a future date.

JEFF HODSON/METRO VANCOUVER

Vancouver Mayor Gregor Robertson and Jill Davidson, the city's assistant director of housing policy, on Nelson Street after taking part in Vancouver's homeless count yesterday morning.

News in brief

PLEA An RCMP officer involved in Robert Dziekanski's death has entered a not-guilty plea to an unrelated charge stemming from a fatal crash in Delta. Cpl. Benjamin Monty Robinson was charged with attempting to obstruct justice in connection with the crash in October 2008 that killed Orion Hutchinson, 21.

TRAIN A second daily train between Washington and B.C. will continue until this fall. The second run has carried 33,000 passengers since it began its run ahead of the Olympics, and overall ridership has increased since visitors can now make a round trip from Seattle in a day.

CRASH Ten people survived a helicopter crash at a heli-skiing site near Alexis Creek. The pilot was taken to hospital in Williams Lake on Monday evening.

RATINGS Canadians tuned into the Paralympics in record numbers, CTV said yesterday. As many as 5.4 million watched the closing ceremonies, and 13.4 million tuned into the Paralympic Games at some point.

PETA Two PETA activists say they will be showering together at noon today at Victory Square to remind Vancouverites of the environmental implications of the meat industry. They will be behind a banner that reads "One Pound of Meat Equals 6 Months of Showers."

CARIBOU A mining development in northern B.C. has been halted for 90 days after the West Moberly First Nation argued that development activity was threatening the survival of the already endangered Burnt Pine caribou herd.

CRIME Drug enforcement is contributing to the rise in violent crime rather than deterring it, say researchers at the B.C. Centre for Excellence in HIV/AIDS. Thirteen of 15 studies reviewed showed that increased enforcement led to more drug-related crimes. METRO NEWS SERVICES

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Tofino preparing to butt out at parks
Tofino is preparing a bylaw that would ban smoking in the municipality's parks. The Vancouver Island community is also exploring banning fast food franchises. THE CANADIAN PRESS

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Olympians defrauded

Man charged in real estate scam that hit three athletes

FERNANDO CARNEIRO
fernando.carneiro@metronews.ca

Charges have been laid against a Calgary man for defrauding some foreign athletes who trained for the Vancouver Olympics in that city.

One of the victims is from the U.S. bobsled team, Calgary police said. They did not name the athlete.

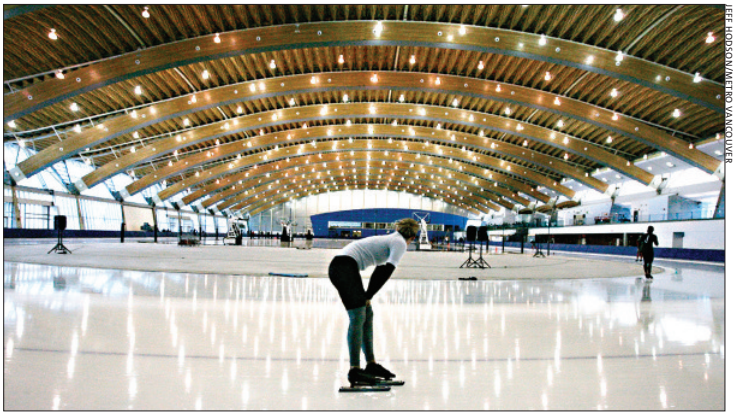
An investigation began in November 2008 after three foreign athletes contacted police to say they were met and befriended by a man advertising the development of a lakefront property for resale.

The man, who started an Alberta company named Canadian Properties Corp. in the summer of 2007, claimed he had purchased a parcel of land near Camrose, Alta.

The three athletes, along with at least seven others, invested $435,000 into Lake Lot Properties in Camrose County, each paying anywhere from $25,000 to $105,000.

After being unable to contact the company in October 2008, the athletes asked police for help. Investigators said in a release that none of the money has been recovered and is believed to have been used for personal gain by the suspect and an associate.

Robert Gordon Daignault, 42, who is known to Calgary police, was arrested on March 15. He faces various theft and fraud charges.


JEFF HOSOKAWA/METRO VANCOUVER

A skater takes a break at the Richmond Olympic Oval, which will hold three days of public skating next month before the ice is taken out.

Olympic Oval to hold final public skate sessions

WESTON STEELE
for Metro Vancouver

RECREATION Those having a tough time letting go of the Olympic experience have one last chance to skate on the same ice where Canadian speedskaters won gold — the Richmond Oval is holding three days of public skating before the ice is removed.

The Oval is holding public skating sessions April 3 to 5, between 1 p.m. and 5 p.m.

"It's really just a big community skate to sort of relive a little bit of the Games and everybody can take home a little picture-souvenir from it," said Aran Kay, public relations co-ordinator at the Oval.

DJs will provide the skaters with a beat, and a food concession will also be available.

Admission is $2, free for children under five.

The actual building reopens on April 1 for fitness classes and for the next few months, the Oval will be redeveloped into a multi-sports complex that will include an expanded fitness centre, two ice rinks, basketball courts and a track-and-field zone.

The project, an Olympic legacy, will be completed sometime in the fall.

Games souvenirs hit auction block

ASSETS If a $9,000 hockey puck just doesn't seem like a practical Olympic souvenir, VANOC is auctioning off furniture, prop canoes, and even computers and tools.

The assets, used during the Games, are up for auction on bcauction.ca. On Saturday, some items will also be sold at VANOC's main distribution centre.

- Not-so-one-of-a-kind Rona wet-dry vacuum cleaners are going for as low as $60.
- Bids on jumpsuits from the Olympic torch relay are at around $100.
- The steel-framed towers used outside B.C. Place were selling for $500 as of yesterday.

GREG DOWNS/
FOR METRO VANCOUVER

News in brief

OIL More than 150 First Nations, businesses, environmental organizations and prominent Canadians have signed on to the campaign to stop a proposed pipeline from the Alberta tar sands.

METRO NEWS SERVICES

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Air passengers get scare
About 100 people on a Montreal-to-Toronto Air Canada flight had to exit by emergency chute after a "haze," caused by hydraulic fluid, entered the cabin. THE CANADIAN PRESS

Canada

Forces mum on soldiers' war injuries

POLICY The Canadian military has quietly stopped reporting when soldiers are wounded on the battlefield and will instead deliver annual statistics to the public.

The stark policy shift is described as a deliberate attempt to keep the Taliban in the dark.

The weekend death of Cpl. Darren Fitzpatrick in an Edmonton trauma centre brought the directive to the forefront. The 21-year-old was mortally wounded in a previously unreported March 6 roadside bombing. Fitzpatrick, of 3rd Battalion, Princess Patricia's Canadian Light Infantry, was on a foot patrol with Afghan soldiers when the blast occurred in the volatile Zhari district, west of Kandahar. There have been other recent unreported incidents, including a soldier with a gunshot wound to the leg last week. THE CANADIAN PRESS

Contraceptives for poor are fine by us, poll suggests

AID A new poll suggests Canadians overwhelmingly support providing contraceptives to the world's poorest women, but they're not so sure about abortion.

The Canadian Press Harris-Decima survey comes amid debate over Prime Minister Stephen Harper's stand during the G8 summit.

The poll indicates fully 74 per cent believed the plan should include government funding for contraception; only 21 per cent were opposed, according to survey results.

Harris-Decima chairperson Allan Gregg says the poll helps explain why the government has clarified its willingness to include contraception in the plan but has so far refused to be pinned down on the abortion question. The survey of 1,008 Canadians was conducted March 18-21 and is considered accurate within 3.1 percentage points. THE CANADIAN PRESS

Cut taxpayers a break: CRTC

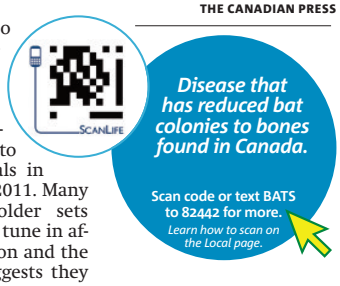
Canadian TV subscribers were put on a pedestal yesterday, with both cabinet and the broadcast regulator lavishing attention on how to protect the ordinary, cash-strapped consumer.

The Canadian Radio-television and Telecommunications Commission (CRTC) said it would like to see a new, self-regulated, independent customer-complaints body within the cable and satellite industry.

It would also like a government awareness campaign to tell people about the country's transition to digital TV signals in the summer of 2011. Many viewers with older sets won't be able to tune in after the conversion and the commission suggests they should get some help to pay for the cost of a digital converter box, as was done in the U.S. Those were just two of the recommendations the CRTC sent to the government on the heels of the major decision on rebalancing the financial landscape in the broadcasting industry.

For the first time, the commission said TV networks can seek payment for their programming, either in kind or in cash.

THE CANADIAN PRESS



Toronto **White's fight**

NEIL DAVIDSON/THE CANADIAN PRESS

UFC president Dana White spoke to Toronto media yesterday and called on the provincial government to keep in mind the popularity of mixed martial arts. Ontario Premier Dalton McGuinty has been on the ropes for weeks over his refusal to sanction the popular sport in Ontario, which supporters say would boost the province's troubled economy.

Following news stories on Twitter...

News**Tweets**

Earth Hour is Saturday at 8:30 p.m. What will you be doing? This week, we share some tweets from Metro readers.

@kevinodotnet: "I'll spend Earth Hour on Parliament Hill with a (carbon footprint friendly) beeswax candle keeping me toasty warm!"

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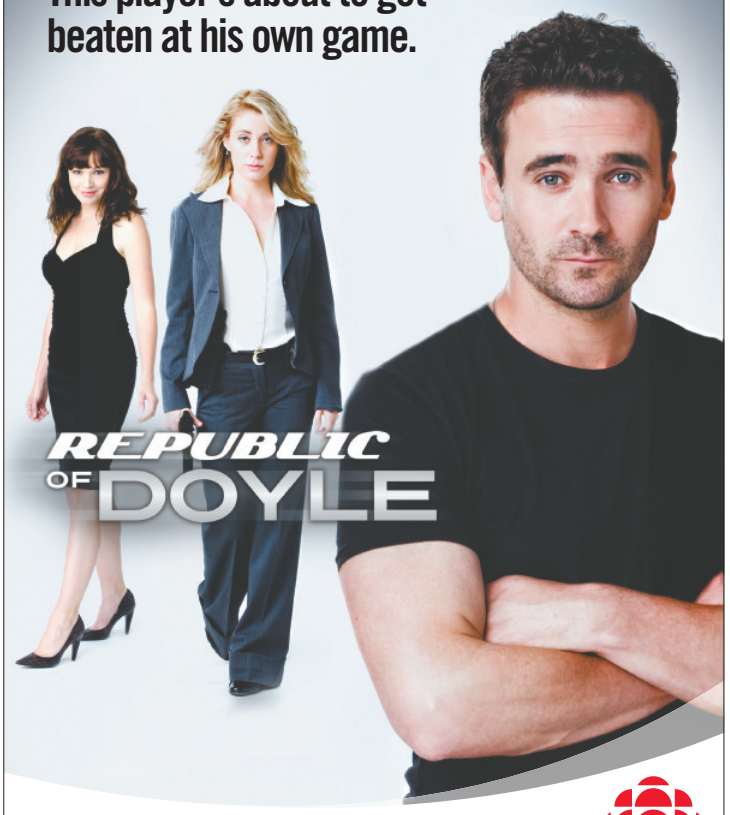

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Quebec trucker arrested for allegedly smuggling drugs
A 57-year-old man from Sorel-Tracy has been arrested in Arkansas for allegedly transporting large amounts of cocaine. THE CANADIAN PRESS

Protests keep pundit off campus

American right-winger Ann Coulter's speech at the University of Ottawa was scrubbed last night after organizers said security could not guarantee her safety from protesters.

A spokesperson for the organizers said about 2,000 "threatening" student protesters pressed up against the doors and security advised she not appear.

"It would be physically dangerous for Ann Coulter to proceed with this event," said conservative activist Ezra Levant. "This is an embarrassing day for the University of Ottawa and their student body ... who chose to silence her through threats and intimidation."

The announcement was greeted with shouts of "Shame" and "We want Ann" from about 100 who had managed to get into the lecture hall.

Ann Coulter

But even before protesters arrived, there were signs of trouble. A crush of bodies greeted organizers about 90 minutes before Coulter's 8:15 p.m. speaking time, as about 1,000 showed up for the 400-seat hall. THE CANADIAN PRESS

Haiti project draws ire

OTTAWA The Conservative government promises to keep a close eye on its signature aid project in Haiti, which was awarded for $12 million without a public bidding process.

Public Works Minister Rona Ambrose made the promise during question period after The Canadian Press revealed the contract was awarded without public tendering to an Alberta company.

The project to build a temporary shelter for the Haitian government was given to a subsidiary of Calgary-based ATCO Ltd., which has three Conservative donors on its board of directors. THE CANADIAN PRESS

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Social media whiz launches new site
Chris Hughes, co-founder of Facebook, has started a new social networking site for charities. Hughes left Facebook in 2007 to work on the online portion of Barack Obama's presidential campaign, which some say helped turn America in Obama's favour. The new site is called Jumo. METRO NEWS SERVICES

World

Biden adds emphasis to moment

U.S. Vice-President Joe Biden added a little flair to President Barack Obama's signing of the historic health care bill at yesterday's White House ceremony. "This is a big f------ deal," Biden told Obama after introducing him. Biden appeared to be offering that perspective to Obama privately, but his remark was captured on audio and video. THE ASSOCIATED PRESS

India **Deadly fire**

BIKAS DAS/THE ASSOCIATED PRESS

Onlookers get in the way of busy firefighters as they watch a building on fire in Kolkata, India, yesterday. The fire broke out in a multi-storey building, killing at least four people and injuring another 14, police said. Many desperate people clung to the sides of the building, waiting for rescuers.

Eight children killed outside Chinese school

A former medical worker stabbed to death eight young children and wounded five others yesterday in a bloody rampage outside an elementary school in eastern China.

The 41-year-old attacker struck in the morning as students arrived for classes, mingling with parents at the school gates before suddenly pulling out his knife and slashing children, according to witnesses interviewed on local television.

In the aftermath, doctors treated small children and bodies lay covered in bloody sheets after the attack at Nanping City Experimental Elementary School in Fujian province.

Police officers manned a cordon around the school. Some comforted distraught parents.

China has witnessed a series of school attacks in recent years, most blamed on people with personal grudges or suffering from mental illness.

The rampage in Nanping was finally stopped by passersby and school security guards and the attacker was arrested, the reports said. The suspect was identified as Zheng Minsheng, 41.

THE ASSOCIATED PRESS

Pattern of attacks in China

- Recent school attacks include a July 2007 assault in which a mentally ill man wielding a wrench wounded 18 children and a teacher in a kindergarten in southern China before fleeing on a motorcycle and trying to stab himself to death. In June the same year, a man slashed four students, wounding one seriously, in a high school in the southeastern city of Fuzhou, while elsewhere, police shot dead a suspected mentally ill man who threatened to blow up a school in southern China with dynamite.

News in brief

MISSISSIPPI A school district violated a lesbian student's rights by banning her from bringing her girlfriend to the prom, a federal judge ruled yesterday, but he stopped short of forcing the district to hold the event. U.S. District Judge Glen H. Davidson denied an ACLU request for a preliminary injunction that would have forced the Itawamba County school district to sponsor the April 2 prom and allow Constance McMillen to escort her girlfriend.

THE ASSOCIATED PRESS

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Cheaper vodka means shorter lives for Russians, researchers say
Researchers and activists in Russia say that low taxes on vodka have encouraged heavy drinking, cutting the average Russian life expectancy by 10 years. THE ASSOCIATED PRESS

Monkey business at vineyards

Baboons, it seems, prefer Pinot Noir. They also like a nice Chardonnay.

Largely undeterred by electric fences, hundreds of wild baboons in South Africa's prized wine country are finding the vineyards of ripe, succulent grapes to be an "absolute bonanza," said Justin O'Riain of the University of Cape Town.

Winemakers have resorted to using noisemakers and rubber snakes to try to drive off the baboons during harvest season.

"The poor baboons are driven to distraction," said O'Riain, who works in the university's baboon research unit. "(To baboons), the combination of starch and sugar is very attractive — and that's your basic grape."

Growers say the primates are partial to sweet Pinot Noir grapes, adding to winemakers' woes: Pinot Noir sells for more than the average Merlot or Cabernet Sauvignon.

Baboons have raided South Africa's vineyards before, but farmers say it's worse this year because the primates have lost their usual foraging areas to wildfires and ongoing expansion of grape-growing areas. Out of a 12-ton harvest, 1,100 to 1,300 pounds (500 to 600 kilograms) go to waste at La Terra de Luc because of the baboons.

THE ASSOCIATED PRESS

SCHALK VAN ZUYDAM/THE ASSOCIATED PRESS

Winemakers in South Africa say baboons have been eating away at the premium grapes. The problem is worse this year since the baboons have lost many normal foraging areas to wildfires.

An hour a day to keep the flab away — exercise, that is

STUDY Rev up the treadmill: Sobering new research spells out just how much exercise women need to keep the flab off as they age — and it's a lot.

At least an hour of moderate activity a day is needed for older women at a healthy weight who aren't dieting.

For those who are already overweight — that's most American women — even more exercise is called for to avoid gaining weight without eating less, the study results suggest.

"We all have to work at it. If it were easy ... we would all be skinny," said John Foreyt, a behavioural medicine expert who reviewed the study but wasn't involved in the research.

Brisk walking, leisurely bicycling and golfing are all examples of moderate exercise.

But don't throw in the towel if you can't do those things for at least an hour a day.

Even a little exercise is good for your health, even if it won't make you thin, the researchers said.

Their findings are based on 34,079 middle-aged women followed for about 13 years. Most were not on calorie-cutting diets.

The women gained an average of almost six pounds during the study.

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Battle over Google continues in China

WEB ACCESS Google Inc.'s partial withdrawal from China brought condemnation and signs of pressure from the government yesterday, while leaving web surfers to wonder whether a new search engine site in Hong Kong would be blocked by censors.

Google's decision to move most of its China-based search functions from the mainland to Hong Kong — a former British colony with special status but within Beijing's control — opened a new phase in a two-month-long fracas pitting the world's most powerful Internet company against a government that tightly restricts the web in the planet's most populous market.

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Pharma giants pledges to help vaccinate developing world
GlaxoSmithKline and Pfizer Inc. made a 10-year commitment to supply developing nations with new pneumonia vaccines, the Geneva-based public-private partnership GAVI Alliance said yesterday. THE ASSOCIATED PRESS

Business

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US 98.27¢	US $4.13	US $81.91	12,044.54
US 0.27¢	US 5.1¢	US 31¢	77.37

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Was stimulus a dud?

Think-tank downplays government's role in economic recovery

A prominent think-tank says Canadian government stimulus packages had little to do with last year's economic recovery, crediting private investment and increased exports for the rebound.

The Fraser Institute says spending packages by both federal and provincial governments had a minimal impact on last year's improvement in Canada's gross domestic product, the key measure of economic strength.

The Vancouver-based group, an advocate of free-market economic policies, released a report saying stimulus measures contributed just 0.2 per cent to GDP growth between the second quarter and third quarter of 2009.

In contrast, official statistics indicate the economy grew by 1.1 per cent over the same period.

The report says government spending and investment contributed nothing at all to the one per cent improvement recorded between the third quarter and fourth quarter.

The report was compiled by analysing Statistics Canada data on the economic impact of government spending and investment as well as private sector activity.

The institute says its findings are not surprising considering Ottawa earmarked 40 per cent of its stimulus funds for infrastructure projects, which take time to implement.

THE CANADIAN PRESS

Real-estate plenty competitive: Agents

COMPETITION Thousands of independent Canadian real estate agents who battle daily for clients cannot fathom why the competition watchdog believes the industry is "anti-competitive," says the head of one of Canada's largest brokerages.

Philip Soper, president of Royal LePage, says many of his agents are confused about why the federal Competition Bureau continues to bemoan a lack of choice even after the industry voted to introduce more service flexibility.

"(The realtors) feel that they live in a hyper-competitive industry where they have to fight for every piece of business," he said in an interview yesterday.

"What they see is heavy competition day after day, and so when an official body states they believe there isn't competition, they find that disturbing and they can't understand why."

The Canadian Real Estate Association, which represents about 98,000 realtors, loosened its rules Monday to lift restrictions on realtors' minimum service requirements and allow consumers to use an agent to simply list their property and handle the details on their own.

But the Competition Bureau rejected those changes, saying they do not create more choice for home buyers and sellers, and instead give realtors a "blank cheque" to impose new anti-competitive rules.

The bureau said it will continue to pursue an application filed with the Competition Tribunal in February seeking to strike down CREA's rules on the use of its Multiple Listings Service, which it has said restrict consumers' ability to conduct real estate transactions without an agent.

Soper said the changes to the association's rules to give agents more flexibility to offer "a la carte" services, will prompt an increase in the number of discount brokerages working for a low fee to post a listing.

THE CANADIAN PRESS

Restriction

- The Canadian Real Estate Association allows only its members to post homes for sale on its database, which is operated by regional real estate boards and where the vast majority of homes in Canada are sold.

Rising interest rates a boon for housing sector: Report

HOUSING The prospect of rising interest rates will keep Canada's housing boom going this spring, a Scotiabank report predicted Tuesday.

The report predicted most regions of the country will remain sellers' markets for the first half of the year.

"I think you're going to have a very active spring market, probably some cooling off in the second half of the year," Adrienne Warren, the Scotiabank economist who wrote the report, said in a presentation yesterday.

"We're looking at once-in-a-lifetime interest rates that people are taking advantage of … but certainly confidence is coming back, the job markets are stabilizing," she said.

Housing starts, Scotiabank expected, will reach 190,000, up from 149,000 last year.

Warren said the spring rush will also be helped by an influx of buyers hoping to avoid tighter mortgage lending rules and the introduction of the harmonized sales tax in Ontario and B.C.

Economists expect the Bank of Canada to raise interest rates by between half a percentage point and a full point over several months beginning in late spring or early summer to fight inflation.

THE CANADIAN PRESS

10 Scotiabank predicts home sales will rise by 10 per cent this year, to a total of 519,000, which is just shy of the record set in 2007.

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Toyota's mat recall not its first

AUTOMOTIVE CBC reports that Toyota recalled cars in 2003 because of fears sliding floor mats would jam the gas pedal — almost seven years before a similar large-scale recall.

The network says critics in Canada and the United States say the 2003 recall shows that sliding floor mats in Toyota vehicles have been a problem for some time.

In 2003, Toyota recalled 400 Celicas because of the "potential" danger caused by the mats, a CBC analysis of 12 years of Transport Canada vehicle recall data found.

In 2009, drivers of Toyota models including the 2009 and 2010 Rav4 and Matrix were told that "on certain vehicles, if the specifically designed all-weather floor mat for that vehicle is not secured by the retaining clip or placed on top of an existing mat, the mat could move forward and may interfere with the accelerator pedal."

THE CANADIAN PRESS

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Greece **Fighting fire with fire**

PETROS GIANNAKOURIS/THE ASSOCIATED PRESS

A protesting firefighter holds a flare in the streets of Athens during yesterday's demonstration against the Greek government's austerity measures in Athens. Some 500 firefighters took part in the peaceful march, protesting cuts to their salaries under measures intended to save the debt-ridden country some 4.8 billion euros this year.

Bank boss wants to see expansion

GROWTH Bank of Montreal chief executive Bill Downe says Canadian businesses should look beyond the border to expand now that the economy is recovering.

Downe told the bank's annual meeting in Winnipeg yesterday that both BMO and its business customers have the opportunity for growth.

"Given the relative strength in the economy, businesses have a rare opportunity and clear incentives to step up innovation and their investment in leading edge equipment."

THE CANADIAN PRESS

In brief

GAMES Nintendo said Tuesday it would soon begin selling the "3DS," a 3-D version of its handheld.

THE CANADIAN PRESS

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Comment

Testing the limits of free speech

TheWestView

Who is that blond lady and why is everyone so afraid of her?

I'm talking about Ann Coulter, the right-wing designer pundit from the U.S. currently cutting a swath through Ontario and heading for Calgary, where right-wing pundits roam freely and the skies are not cloudy all day.

She's probably the only good-looking fashionable right-wing pundit in America, which isn't hard when the competition is Rush Limbaugh and Bill O'Reilly.

But while Coulter looks nice, she sure doesn't sound nice. In fact, she writes books called Treason, and Guilty, and says the nastiest things about liberals, or Democrats, as they're called in the U.S.

Here's one of the nastiest: "Whether they are defending the Soviet Union or bleating for Saddam Hussein, liberals are always against America. They are either traitors or idiots, and on the matter of America's self-preservation, the difference is irrelevant."

Woo. Fightin' words.

But she's got a million of them, so many, in fact, a few have leaked out on her scorched earth tour of Canada. She told a Muslim student at one gathering to "get a camel" because she should be on a no-fly list, and commented that gay men can't throw a baseball "without looking like a girl." I can hardly wait until she starts to get really comfortable in Canada.

Coulter was in trouble even before she got here. Her firebrand right-wing zingers so worried a VP at the University of Ottawa, the poor man thought it was a good idea to send her a pre-emptive note reminding her that in Canada our laws on free speech are "different" here and "I therefore encourage you to educate yourself, if need be, as to what is acceptable in Canada and to do so before your planned visit here."

You don't have to be Ann Coulter to be offended by the patronizing tone of that, but she's something else. She has termed herself a victim of a "hate crime" and will file a complaint to the Human Rights Commission. The letter is a hate crime, she reasons, "or the whole commission is BS."

Ann Coulter and her fellow bigmouths do serve a function: They test the limits of freedom of expression. There's no one like her in this country, not even guys like Ezra Levant and Mark Steyn, who fly on her wing. Everyone here has either been cowed into politeness by the threat of ceaseless official harassment, or honestly believes we all have to be nice to each other in order to get along.

But freedom is noisy. And Ann Coulter, like it or not, is the noise that freedom makes.

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting; vancouverletters@metronews.ca.

Word on the street: How will you spend Earth Hour this Saturday?

Loralie Frandsen
Comox Valley
A: Hopefully, I'll be on the beach, making out with my boyfriend, drinking a bottle of wine.

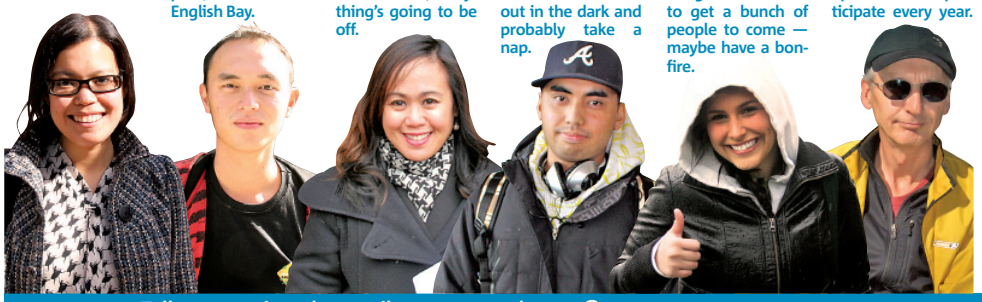
Shawn Yeo
Vancouver
A: I'll probably go out and have dinner, but I might just chill out by the park, walk around English Bay.

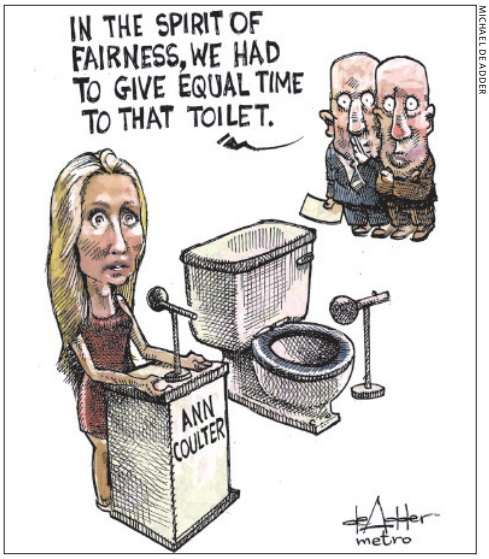
Elizabeth Abela
Vancouver
A: I'm going to take a one-and-a-half-hour yoga class for that hour. Because I'm not there, everything's going to be off.

Salvador Garcia
Edmonton
A: I plan to shut off everything in my house, including my TV, and unplug all that stuff. I'll chill out in the dark and probably take a nap.

Kaitlyn Janice
Halifax
A: A couple of friends and I are trying to create a drum circle and hang out. We want to get a bunch of people to come — maybe have a bonfire.

Gerald Rotering
Calgary
A: We're going to shut down the extra fans, lighting and electrical in the apartment. We participate every year.





MICHAEL DE ADDER

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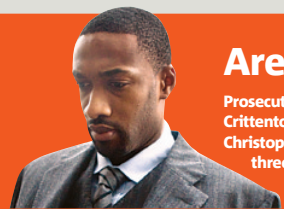
Canseco tweets about subpoena

Jose Canseco says he has been subpoenaed by a grand jury investigating whether Roger Clemens lied to Congress when he denied using performance-enhancing drugs. Canseco posted on Twitter yesterday that he had received a subpoena to appear before the grand jury "about roger clemens,andrew pettite and others" on April 8. THE ASSOCIATED PRESS

Sports



Arenas pressured teammate: Prosecutors

Prosecutors say Washington Wizards star Gilbert Arenas, left, tried to pressure teammate Javaris Crittenton into covering up their locker-room confrontation in December. Assistant U.S. Attorney Christopher Kavanaugh made the allegation in a court filing yesterday as he advocated for a three-month jail sentence for Arenas for bringing guns to the Verizon Center. Sentencing is scheduled for Friday. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

JOHN ULAN/THE CANADIAN PRESS

Edmonton Oiler Ethan Moreau checks Vancouver Canuck Henrik Sedin last night at Rexall Place. The Oilers won 3-2.

Canucks upset

NHL RESULTS

Canucks 2 Oilers 3

Tom Gilbert had a goal and an assist as the Oilers continued to make a surprise late surge, winning their third in a row with a 3-2 victory over the Canucks last night.

Robert Nilsson and Andrew Cogliano also scored for the last-place Oilers (24-42-7), who were coming off consecutive wins over Detroit and San Jose and have now won seven of their last nine at home.

Mason Raymond and Daniel Sedin replied for the Canucks (44-25-4), who have lost two in a row.

Edmonton goalie Devan Dubnyk was absent from the game with the flu, setting off a frantic search for a backup goalie for Jeff Deslauriers.

With their usual emergency backup plan of bringing in a netminder from the University of Alberta unavailable, the Oilers called in Nathan Deobald, a third-string goalie with the University of Calgary who has only played one game for the Dinos this year. THE CANADIAN PRESS

SCOREBOARD

NBA

YESTERDAY'S RESULTS

Charlotte 95 Washington 86 (OT)
Indiana 98 Detroit 83
New York 109 Denver 104
Dallas 106 L.A. Clippers 96

TODAY'S GAMES

Orlando at Atlanta, 4 p.m.
Denver at Boston, 4 p.m.
Minnesota at Charlotte, 4 p.m.
Washington at Indiana, 4 p.m.
Utah at Toronto, 4 p.m.
Sacramento at New Jersey, 4:30 p.m.
Philadelphia at Milwaukee, 5 p.m.
Cleveland at New Orleans, 5 p.m.
Houston at Oklahoma City, 5 p.m.
L.A. Lakers at San Antonio, 6:30 p.m.
Memphis at Golden State, 7:30 p.m.

NHL

YESTERDAY'S RESULTS

Edmonton 3 VANCOUVER 2
Florida 4 Toronto 1
Ottawa 2 Philadelphia 0
Boston 4 Atlanta 0
New Jersey 6 Columbus 3
Tampa Bay 3 Carolina 2 (OT)
Dallas 3 Nashville 1
San Jose 4 Minnesota 1
Chicago 2 Phoenix 0
Calgary 3 Anaheim 1

TODAY'S GAMES

N.Y. Islanders at N.Y. Rangers, 4 p.m.
Pittsburgh at Washington, 4 p.m.
Montreal at Buffalo, 4:30 p.m.
St. Louis at Detroit, 4:30 p.m.
Los Angeles at Colorado, 6 p.m.
Anaheim at Vancouver, 7 p.m.

WESTERN CONFERENCE OVERALL STANDINGS

	GP	W	L	OL	GF	GA	Pts
d-Chicago	72	46	19	7	236	179	99
d-San Jose	74	44	19	10	235	192	98
D-VANCOUVER	**73**	**44**	**25**	**4**	**238**	**190**	**92**
Phoenix	74	46	23	5	201	181	97
Nashville	74	42	27	5	207	206	89
Los Angeles	71	42	24	5	211	188	89
Colorado	72	40	25	7	216	194	87
Detroit	72	36	23	13	196	193	85
Calgary	73	37	27	9	187	182	83
Dallas	73	32	27	14	211	231	78
St. Louis	72	34	29	9	196	199	77
Anaheim	72	34	30	8	204	220	76
Minnesota	73	35	32	6	199	215	76
Columbus	73	29	32	12	190	235	70
Edmonton	73	24	42	7	187	250	55

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Kesler a player who's worth every penny

TheHockeyNews

Rory Boylen

rboylen@thehockeynews.com

With their first line all signed through 2013, the Vancouver Canucks inked second-line centre Ryan Kesler to a six-year extension with a $5 million cap hit last week.

A U.S. Olympian and the best pivot in the Canucks lineup, the cap investment is manageable and extremely affordable for a player of Kesler's ilk.

"Kesler is a guy you want out there when you need a goal or have to prevent one."

Of course, this means it's highly unlikely the team keeps Pavol Demitra beyond this season, as the oft-injured scorer is a UFA come July 1. Demitra's $4 million is an unnecessary expense, given the fact Mason Raymond was playing strong on the second line before Demitra took his spot.

While Alex Burrows is the perfect piece next to the Sedin twins on the top unit, Kesler can run the secondary line on his own with his strong two-way effort and his growing knack for offence. Already well clear of his career high in points, Kesler is on pace for 74 in 82 games this year; production you might expect from a top-line player.

And even though Kesler isn't on the featured line, he still leads Vancouver forwards in ice time because of how important he is on both the power play (leading the team in PP goals) and penalty kill. Among the team leaders in blocked shots and hits, Kesler is a guy you want out there when you need a goal or have to prevent one. He can stop a chance at one end and turn around and finish the game at the other, as his four game-winning goals attest.

While Burrows, and anyone really, shines with the Sedins, Kesler will do his job admirably whether he's with Demitra, Raymond, Mikael Samuelsson, Steve Bernier or any other winger combination. He's a leader, a coming-of-age vet and a driving force.

He'll win battles down low for puck possession, beat offenders on the backcheck, create scoring chances off the rush and is reliable in taking the key offensive or defensive zone faceoff late in a crucial game.

He's a $5 million second-liner who's worth every penny.

The Hockey News thn.com

Virtue, Moir get top marks in compulsory dance

SKATING Tessa Virtue and Scott Moir were the picture of elegance gliding around the Palavela ice, she in glamorous silver and sequins, he in bow tie and tails, their execution of the Golden Waltz exquisite.

Tessa Virtue and Scott Moir

But don't be fooled by their polished performance in the compulsory dance that vaulted the Canadians into the lead at the world figure skating championships. Virtue and Moir are far from fans of what they believe is an antiquated element of ice dance, and will be thrilled to see it go.

"We think it's a little outdated and I don't think that the results really speak true when they come out after compulsory dances, and I don't think it's necessary anymore in today's sport of ice dance," Moir said. "I think it has kind of come a long way and (the compulsory dance) is kind of holding us back."

A month after capturing Olympic ice dance gold in Vancouver, Virtue, from London, Ont., and Moir, from Ilderton, Ont., picked up where they left off, posting a score of 44.13 points for their Golden Waltz, the compulsory dance drawn for the world championships. THE CANADIAN PRESS

Sports in brief

NFL Sudden death has gotten a little less sudden in the NFL playoffs. The league yesterday changed its overtime rules for post-season games. Starting next season, if a team wins the coin toss and then kicks a field goal, the other team gets the ball. If that next series ends with another field goal, play will continue under the current sudden-death rules. If the team winning the toss immediately scores a touchdown, however, the game is over.

SOCCER The Wolverhampton Wanderers won 3-1 at West Ham yesterday to leave its English Premier League rival deep in relegation trouble. Wolves' biggest win of the season took their unbeaten streak to three matches and lifted them one place to 15th.

BASEBALL New York Mets shortstop Jose Reyes has been cleared to resume baseball activities after doctors determined his thyroid levels have returned to normal. Mets general manager Omar Minaya said Reyes will resume full workouts today.

NFL Kyle Orton remains the Denver Broncos' starting quarterback, and Brady Quinn is going to have to unseat him if he wants to be the one under centre when the season starts in six months, coach Josh McDaniels said yesterday.

HOCKEY Mark Messier has selected a former teammate to coach Canada's team at the upcoming IIHF World Hockey Championship. The Canadian general manager named Craig MacTavish the team's head coach yesterday. The two were teammates with the Edmonton Oilers in the 1980s and briefly with the New York Rangers in the 1990s.

MARINERS Seattle starter Cliff Lee said yesterday he still feels some pain in his strained abdomen following his first on-field test of the injury and he has no idea when he will be able to get on a mound again. METRO NEWS SERVICES

NHL, union at odds over rule

HEADSHOTS The NHL is growing impatient with the players' union while it continues to mull over a proposed rule outlawing blindside hits to the head.

As a result, the league's board of governors unanimously approved the head shots rule last night, even though it has yet to hear back from the NHL Players' Association or competition committee.

The collective bargaining agreement calls for rules to go through the committee before being voted on by the board, but deputy commissioner Bill Daly indicated the league might not adhere to that process in this instance.

"As we have stated repeatedly in the past, the creation of the competition committee has not eliminated the role of the board of governors in passing and implementing rules that it deems to be in the best interests of the game," Daly said in an e-mail. THE CANADIAN PRESS

FNUC dismisses president, VP of finance

The First Nations University of Canada's new board of governors has dismissed the university's president and vice-president of finance and administration, who were among six senior administrators suspended last month when an interim board was put in place. METRO NEWS SERVICES

Workology

Debt-ridden uMontreal sells convent

In light of its precarious fiscal situation, the Université de Montréal will sell the former convent Mount Jesus and Mary so it can be converted into condominiums. With an annual deficit of $15 million and a debt of $154 million, uMontréal says it would irresponsible to keep a facility where 85 per cent of the area is unoccupied and costs more than $1 million every year to maintain, insure, and secure.

METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

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Designing your future

Engineering promises to be exciting down the road

Engineering the Future

Metro Workology is focusing on careers and education in the engineering sector for the month of March to celebrate National Engineering Month. Check back every Wednesday.

JON TATTRIE
for Metro Canada

In one way or another, engineers are the key to our future here on earth, be it biomedical, agriculture or software engineering.

The theme of National Engineering Month 2010 is "design the future," and experts say the future is getting very big and very small.

John McLaughlin is a professor of geomatics engineering at the University of New Brunswick. In 2005, he chaired a Canadian Academy of Engineering task force exploring engineering's future.

He sees engineers tackling massive-scale issues like smart continental power grids that would improve energy efficiency and prevent large-scale black outs. He also sees engineers going deeper into nanotechnology as they become the "doctors of the 21st century" in biomedicine and by designing better drugs and medical equipment.

"In the depths of engineering, the way you organize and address problems at massively different scales is interesting," he says. "The really interesting stuff is going on at the intersections with other fields."

That synthesis will see engineers work in business, urban planning, textiles and medicine. McLaughlin recently met a young aviation engineer who uses her masters of fine arts to help re-imagine what a corporate jet could look like.

The last epoch of engineering saw increasing specialization in fields like electrical engineering and mechanical engineering. "It was organized to build a modern, industrial state after (the Second World War)," he says. "It's time to bring engineering back together into some kind of holistic vision."

It's also going to get a lot more human-focused. McLaughlin's mother-in-law is considering a move into a nursing home, but she, like many seniors, wants to stay home as long as she can. Currently, that requires expensive care workers, but in the future, engineers could design technology to safely extend the time seniors can spend at home.

Marie Carter, Engineers Canada's chief operating officer, sees professional engineers becoming engineers of the body.

"We've seen the ability of mechanical engineers to work with electrical engineers and structural engineers and doctors to build advanced prosthetics, hearts and to grow tissue," she says. "I know if I was 18 again and going to university, I'd (have done) biomedical. It is really interesting."

There are also rapid advances in agricultural engineering, which has helped build machines and foods that help developing nations feed their people. Carter sites GPS technology in tractors that allow farmers to harvest grain with extraordinary precision. Food storage is also improving, thanks to engineers.

Software engineering is another dynamic area. "It's interesting how engineering has evolved from the designers of the things we see and touch and use to the designers of the entire system," Carter says.

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Ministry of Labour, is it the right call to make?

WorkplaceLaw

An individual's experience, related below, provides an example of why you should be careful when you call the Ministry of Labour.

Following her termination, an individual contacted the provincial Ministry of Labour, seeking advice about her situation. She had not yet contacted a lawyer and the ministry representative who was randomly assigned to pick up the phone did not immediately encourage her to do so.

The two spoke at length about her matter. The individual explained that she had not been paid termination or severance pay, at which point she was encouraged to make a statutory complaint. This was the first error.

The Ministry has safeguards, but they are not always effective. After most complaints are made, the Ministry mails the claimant a standard form letter explaining that if the complaint is not withdrawn within two weeks, the claimant will not be able to file a wrongful dismissal claim. However, since most people will believe, even if incorrectly, that they received "advice" from the Ministry, they are unlikely to withdraw their complaint or later pay for a lawyer's time to obtain a second opinion. The result is that they are then stuck with their original claim.

The Ministry enforces the provincial legislation only, it does not provide a remedy for common law damages such as wrongful dismissal, which in this case actually made up the bulk of this person's claim.

Without training in employment law, neither the ministry representative nor the individual realized their mistake. As a long-term employee, this person was entitled to considerably more than what the Employment Standards Act could offer. As well, since the legislation caps damages at $10,000, which courts do not, the individual had an upper limit to her claim.

Although the Ministry could easily address and then remedy her complaint, this was not the problem. It was that once it has taken steps to do so, an individual loses the right to file a wrongful dismissal claim. Here, since this person's damages were in excess of the statutory minimum, the bulk of her damages then would be relinquished — an issue that most employment lawyers would spot as a matter of course.

This example is not an exception. The Ministry's hotline, which fields calls from prospective complaints, should explain only what the Act says and how it may have been interpreted in the past. There is no mandate to provide recommendations, or worse, to provide advice. Yet it happens anyway when some of the Ministry's representatives habitually blur this distinction.

Daniel A. Lublin is an employment lawyer with Whitten & Lublin LLP. Reach him at dan@toronto-employmentlawyer.com.

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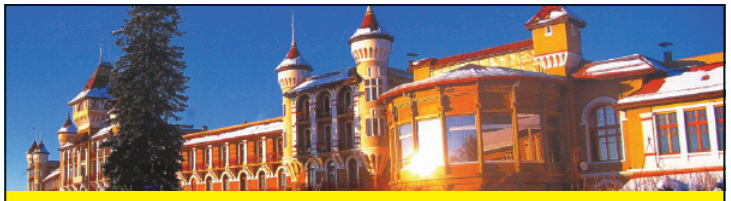

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Metro Drive

Post connection

Canada Post will purchase 1,175 Ford Transit Connect vans this year, the largest fleet sale of the model in Canada to date, to replace its aging national fleet of light vehicles.

CANADIANDRIVER.COM

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONEWS.CA

Beware of double a-salt by ocean

JON TATTRIE
for Metro Canada

Canada is hard on cars and that's especially true along the coasts, with drivers on the Atlantic and Pacific facing a steady a-salt blown in on the ocean wind mixed with a powder kicked up from the road. Drivers shouldn't let their rust guard down in spring, experts say.

Salt off the streets and from the ocean form a double whammy for cars close to the coastline.

Doug Lewis, who works at Rubber Duck Car Wash in Halifax, says the ocean creates temperature fluctuations. "You have a mild day and everything gets wet and then it freezes overnight and they've got to salt the roads," he explains.

Salt stays on the road deep into the spring, even if it's been days since the roads were last salted, he warns.

While motorists notice the salt on the sides of their car because it rubs off on their clothes, it's the salt under the car that is the real danger. "That's why you see cars start to rust out around the wheel wells and along the bottom of door panels — that's where you get the build up."

In the winter, regular washes keep the build-up to a minimum, but as soon as you drive out of the carwash, your car picks up more salt. Even carwash yards are salted because some of that fresh water cleaning your car gets outside and freezes.

When you take off your winter tires, take the time to clean all of the salt off your car. You can get on your knees and spray the undercarriage manually, or an automated wash will scour the salt from under your car.

Eytan Rousseau, owner of Vancouver's Dynamic Shine Auto Details, says if you want to keep your vehicle for five years or more, rust proof it so the salt doesn't eat it. "It coats the inner panels of the vehicle where rust would tend to start.

Once it's coated, it doesn't come off," he says of the petroleum-based product sprayed all over your car. It's usually done at a dealership or car shop like Rousseau's.

Without that protection, salt will creep into your car. "Rust is like cancer. If you don't cut it out and remove it completely, it'll continue to work its way," he says. "If you're following a vehicle on the Whistler highway and they've salted the road, well, that spray gets all over your car, gets all over the windows (and) the inside panels."

"You see cars start to rust out around the wheel wells and along the bottom of door panels — that's where you get the (salt) buildup."
Doug Louis of Rubber Duck Car Wash

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A clean car, free of clutter and musty odours is more comfortable to drive in, healthier, and looks good too, experts say.

Out with winter grime

A thorough spring clean key to comfortable driving

Now that winter is slowly making its exit and warm weather has almost arrived, consider giving your car a good spring cleaning, both inside and out.

The auto experts at Canadian Tire can help with the right tools and tips for getting your car in tip-top shape this spring.

"Canadians spend a lot of time in their cars, so it's important to keep them properly maintained and cleaned after the harsh winter months," says Michelle Massicotte, associate vice president of car care and accessories at Canadian Tire. "A clean car, free of clutter and musty odours is more comfortable to drive in, healthier, and looks good too."

INTERIOR CAR CLEANING

Clear out garbage from inside your car. Make sure to check under seats and in the trunk for anything that could be hiding.

Clean the dashboard, consoles, door panels and interior windows. Canadian Tire has special cleaning products to help protect the interior surfaces of your car and keep it looking new.

Remove floor mats and vacuum the carpets and seats.

Replace rubber mats with carpet mats.

EXTERIOR CAR CLEANING

Mix a car detergent with water and soap up the car using a sponge. Pay particular attention to areas where dirt has accumulated, such as wheel wells.

Rinse the soap off with a hose. Be sure to give the undercarriage a good rinse to get the salt off to prevent rust and corrosion.

When the car is dry, buff the exterior with wax for extra shine and protection.

Keeping your car clean is a simple maintenance step that makes a big difference to how your car looks and how you'll feel driving it. Make it fun by inviting friends or family to help you out.

Canadian Tire offers a wide range of carpet mats, cleaning products and accessories to help with your spring cleaning. More hints and products to help shift your car into spring can be found online at canadiantire.ca.

NEWS CANADA

Don't forget filters during spring time

Shining up your ride is rewarding. But if you're just buffing the outside sheet metal, wiping down the seats, and vacuuming the carpets, you're not fully completing your cleaning assignment.

What about the insides of your engine, transmission, and vent system? It's hard to get a broom inside those components; so automotive engineers have fitted them with five essential filters.

Let's quickly review where you find these vehicle filters, and how often you should change them.

ENGINE OIL FILTER

The least expensive filter and the one that has the most bearing on overall vehicle longevity. Like any filter, an oil filter can only suspend so much stuff. When clogged not only is its cleaning ability compromised, but also its ability to keep the oil flowing through the engine at the optimum rate.

Obviously replace the filter at each oil change. Check your owner's manual or on-board oil monitoring system for oil change intervals, but 10K and/or 6 months would be a prudent upper limit.

ENGINE AIR FILTER

An engine needs air (or more precisely oxygen) to combust petroleum.

Like the clogged oil filter, a clogged air filter hinders both cleanliness and flow. And if airflow is compromised, some fuel can go unburned — a dirty, power-robbing, and wasteful outcome.

Generally, air filters can go about 12 to 18 months, or 20-30,000 kms. But have it checked at each oil change.

Or do it yourself, by shining a headlight, flashlight, or trouble light through one side of the filter. If light has trouble getting through, your filter is toast.

FUEL FILTER

Fitted between the gas tank and engine, the fuel filter keeps rust, water, dirt, etc., from your entering your combustion chamber.

Once again, when these things get clogged, both cleaning ability and flow are compromised.

If they get really clogged you can look forward to stalling and hard starting.

Fuel filters are harder to locate; have a mechanic or gear-head friend break the trail for you.

Your owner's manual will stipulate when you should change them, but history has shown us that they usually last about two years or 45K.

TRANSMISSION FILTER

If there is a filter change to leave to the professionals, it's the automatic transmission filter, as it is accessible only when the pan is removed.

Some newer transmissions, especially CVTs, don't have replaceable filters. But all need to have their fluids changed periodically, which is when you should also change the filter (if there is one). Two years or 50K is a ballpark interval for a transmission service — check your manual.

CABIN DUST AND POLLEN FILTER

A lot of people don't even know they have a cabin dust and pollen filter, but most new cars have them. Part of the heating and cooling system, they are usually fitted around the glove box, and can easily be checked and replaced by non-professionals.

They are designed to go about one year, but no harm in checking them every oil change.

Surprisingly, the engine oil filter is the least expensive but has the most bearing on the overall longevity of a car.

Michael Goetz has been writing about cars and editing automotive publications for over 20 years. He lives in Toronto with his family and a neglected 1967 Jaguar E-type.

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If you are hitting the road this spring, make sure you car is ready.

Are you ready for that road trip?

SPRING The arrival of spring brings exciting road trips and vacations to life, but before you set off on your journey, make sure your car is prepared to get you to your destination safely and stocked with the tools you need in case of an emergency.

The first thing you should do is have your car checked out by a certified technician. They can identify and fix any maintenance and repair needs so you can avoid expensive or inconvenient repairs on your vacation.

It's also a good idea to have a friend or family member walk around your car while you test and make sure all your lights and indicators are working properly. Replace any burnt out bulbs immediately to keep you visible and safe on the road.

Be prepared for the unexpected and ensure your emergency roadside kit is fully stocked and working properly. The roadside kit should include a flashlight and batteries, first aid kit, blanket, emergency triangle, booster cables and rope. You can purchase complete kits or individual pieces at your auto accessories store.

Also. consider investing in an Airman Tire Repair Kit.. This kit can save you time and money should you be sidelined by a flat tire. It combines a powerful air compressor with sealant to repair punctured tires within minutes, so you won't have to wait for roadside assistance or install your spare tire.

Taking the time to prepare your car before you hit the road lets you travel worry-free and focus on fun.

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Tour of nuclear reactor popular

Hanford, Wash., is a hot destination for tourists. Hundreds waited until midnight to sign up online for a limited number of tours of the nuclear reservation that include the B reactor, which produced plutonium for the bomb dropped on Nagasaki to end the war with Japan. hanford.gov. METRO NEWS SERVICES

Travel

Walk around Northern Ireland

Offbeat and charming, and filled with humour, insight, and a wide array of eccentric characters, Beyond Belfast tells the story of one man's misguided attempt at walking the entire Ulster Way: a 560-mile path that circles Northern Ireland, from the city walls of Derry to the moorland heights of the Sperrins, from the green glens of Antrim to the Mountains of Mourne. METRO NEWS SERVICES

EDITOR: BEN.RYCROFT@METRONEWS.CA

Spend springtime in Stockholm

JESSICA CARLESON
Metro World News

As soon as the leaves start growing, Stockholm comes alive.

WHY GO NOW?

For a very different weekend of great shopping, lovely walks along the water and fun nightlife, Stockholm is a great choice.

IT'S MY FIRST TIME

Old Town

Stockholm is a small big city. Most of the sites are within walking distance. The city is built on islands but very easy to get around by public transport. The Old Town is remarkably well kept but something of a tourist trap, unless you stray beyond the main streets but don't miss the Vasa Museum (vasamuseet.se) — displaying a superbly preserved warship that sank on its maiden voyage in 1628.

I'VE BEEN BEFORE

Boat Trip

Take a boat trip, either around the city islands or a day trip to the archipelago. Go see the bears, wolves, elks and other Swedish animals at open-air museum Skansen. And explore the lively streets of SoFo — south of Folkungagatan — on Södermalm.

WHERE TO EAT

Don't leave before you've tried the salmon — cured, salted or smoked — it's a national dish and very tasty.

If you are on a tight budget have a big meal at lunch — there are lots of cafés, nice restaurants and food courts in the business and shopping quarters in the city and around Medborgarplatsen on Södermalm.

Quick facts

- Population: 1,970,000
- Languages: Swedish, everyone speaks English.
- Currency: $1 = 7 Swedish Kroner (SEK)
- Price of a beer: 30-50 SEK

Take some time to visit the remarkably well kept Old Town in Stockholm.

ALL PHOTOS METRO WORLD NEWS

WHERE TO HANG OUT

SoFo established itself as Stockholm's boho-chic area a couple of years ago, and is still defending its title.

Design, art, new fashion and vintage stores in abundance. The indie atmosphere at Södermalm is a big contrast to posh Östermalm.

WHERE TO SHOP

Along Drottninggatan and Hamngatan you'll find high street chains, department stores and budget fashions. The designer shops are around the red carpet at Biblioteksgatan.

WHERE TO STAY

For a small and cozy hotel with historical charm in Södermalm try the Columbus. Berns Hotel and Rival are popular mid-price hotels. Top of the range is the Grand Hotel, check for weekend deals.

WHERE TO GO OUT

For clubs, live gigs and lots of indie fun, head to Södermalm. Some of the best restaurants and pubs are here — on Götgatan, Medborgarplatsen and in SoFo. The posh and glitzy crowd, celebrities and royals, mingle around Stureplan.

Explore Sweden's viking roots.

Boating around the city's islands is a great way to spend a day.

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One million people volunteer to get a free day at Disney parks

Disney has reached its goal of getting one million people to sign up for a day of volunteer work in exchange for a free one-day ticket to a Disney park. Under the "Give a Day, Get a Disney Day" program, Disney is giving a free day's admission to any park provided the volunteer work has been performed and certified. METRO NEWS SERVICES

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METRO WORLD NEWS

Going on a cattle run might be a great way to get away from your normal city lifestyle.

Flee the city for farm life

PAUL BALDWIN
Metro World News

The city slicker cowboy is a bit of a cliché, but it's still great fun.

A farm vacation may sound like a contradiction in terms but all over the world agriculture is turning to tourism to boost the coffers — often with amazing success.

Whether you crave a real taste of the country or simply a peaceful get away with a rural backdrop a farm break can be a real bargain.

So we've scoured the world and here's our pick of the best …

THE V6 RANCH
California

It's impossible to resist the City Slickers tag on this 20,000 acre cattle ranch between San Francisco and Los Angeles. On spring and fall cattle drives you saddle-up and pitch-in much as cowboys and cowgirls have done for centuries. The ranch also offers hiking, photography, wildlife, bird watching, fishing, all against a backdrop of breathtaking beauty.

parkfield.com

CAN MARTI
Ibiza

Yes I know. Ibiza … a farm. Who knew! But Can Marti is of course organic and solar-powered and has been a working farm for about 400 years. Guests are free to roam, help out.

Can Marti has no AC and no pool but manages to remain one of the coolest farms on the planet.

canmarti.com

LOCANADA DELLA VALLE NUEVO LE MARCHE
Italy

Blissfully charming 200 acres of super-organic crops, cattle, pigs and poultry close to Urbino. Delicious home cooking and truffles in the woods. Stables, a pool, gorgeous rooms and lovely staff who live by the farm motto "one should tread lightly on the earth."

vallenuova.it

STORA HOLMEN
Sweden

Modern, comfy farmhouse just north of Gothenburg with an adjoining four-bed cabin. Guests are encouraged to help out on the farm which grows cereals, potatoes and carrots on 300 hectares. Pigs are a big deal here too and about 700 piglets are born every year — which means meals are, slightly unsentimentally, rather pork-based.

storaholmen.com

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Honolulu Festival celebrates the Pacific Rim
The 16th annual Honolulu Festival is expected to provide a much-needed boost for Hawaii's visitor industry. The free festival features cultural exhibits by people from countries throughout the Pacific Rim. METRO NEWS SERVICES

Getting married abroad

Destination **Weddings**

DANIEL SQUIZZATO
for Metro Canada

First, you found the perfect partner.

Then you picked the perfect place to tie the knot — and it's somewhere far, far away.

So, what's next?

It's a question more and more couples are asking these days, according to destination wedding specialist Laurie Keith. She says destination weddings — where couples travel to a foreign spot for their ceremony — account for about 16 per cent of all weddings, with that number expected to rise to 25 per cent in the coming years.

Her company, Romantic Planet Vacations, handles between 200 and 300 destination weddings a year, with all-inclusive resorts in locales such as Mexico, Cuba and the Dominican Republic being the most popular choices.

But while there's a romantic appeal to getting married in a special place, there are also plenty of practical considerations.

Not to worry, says Keith.

"There are actually many benefits of having a destination wedding, one being saving money on it," she says.

According to Keith, the average wedding in Canada costs $26,000, while a destination wedding usually runs the couple only about $6,000. The savings generally come from guests paying their own way, though there are options available for the cost-conscious.

Destination weddings are becoming more and more popular. One expert expects them to make up 25 per cent of her business.

Keith says group discounts are available at most resorts, and she's also seen situations where the couple pays for part of their guests' expenses.

Besides, she says, considering that most Canadians will take one trip a year, "they can just combine that with the trip to visit their family or friend at their wedding."

Once the guest list is sorted out, Keith has some key tips for the wandering couple: Plan as far ahead as you can, and consult someone who specializes in destination weddings.

"Most brides and grooms get overwhelmed with all the options out there," she says. "We can sit down and go through the process of asking what their interests are, what their budgets are (and) what destinations they favour."

The wedding planner will also handle issues such as airfare, accommodations and travel documents, says Keith. But what about the most important parts of the ceremony, the rings? How do they get there?

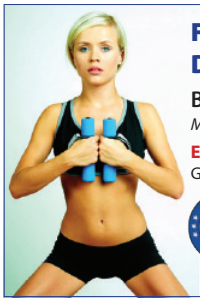
Not in your checked luggage, advises Keith. Couples should keep those handy at all times. She also says most airlines offer closet space to store wedding dresses during transport, though that space can get cramped if the plane has other like-minded couples onboard.

Where to go?

Tips on picking the perfect wedding destination:

1. Pick your interest category. Are you looking to relax on a beach, go scuba diving or visit a famous landmark?
2. Check the wedding requirements. Different countries have different rules for couples looking to get hitched.
3. Pick a date. Keep peak dates in mind, as well as any seasonal issues in your destination country.
4. Know your budget. If money is an issue, consider a destination closer to home.
5. Consider resort star-ratings. Pick the sort of facility that meets your budget and expectations.
6. All-inclusive package or not? For large groups with diverse tastes and budgets, having options can be best.
7. Mega-resort or quaint hotel? Pick your accommodations based on what you want from the experience.
8. Check availability. It's recommended that couples book at least six to 12 months in advance to ensure they get what they want.

SOURCE: ROMANTICPLANET.CA



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2. Jonathon Gremsperger	BC, CA	1045	443	600	1043
3. Stephanie Warren	NS, CA	1015	420	609	1029
4. Shawn Tschritter	AB, CA	1034	419	600	1019
5. Christian Gagnon	NB, CA	982	402	615	1017
6. Dennis MacDougall	NS, CA	1009	407	604	1011
7. Cole Warren	NS, CA	1029	376	631	1007
7. Kyle Turk	NS, CA	1040	424	583	1007
9. Blaine Schlechter	AB, CA	1002	402	603	1005
10. Bernie Horton	ON, CA	968	415	585	1000
11. Myles Dennis	NS, CA	993	381	617	998
12. Calvin Lewis	NS, CA	1034	407	590	997
13. Steve Ferguson	ON, CA	1020	402	593	995
14. Grant Greenfield	AB, CA	1000	438	554	992
15. Sarah Jackson	ON, CA	984	371	619	990

* Results exclude Quebec

markerzone.com metro

*To enter or read contest rules, visit transatholidays.com/contests/cuba. The contest is open to all Canadian residents who have reached the age of majority in their province or territory of residence by the contest opening date. The contest runs from March 17 to April 13, 2010. The draw will take place on April 20, 2010.

What to do if you bags are lost

So the airline lost your luggage. Should you make a federal case out of it — literally? Each year, passengers file thousands of complaints about airlines with the U.S. federal government. But if you just want compensation for your loss, travel experts suggest going straight to the source. METRO NEWS SERVICES

Exploring eccentric Barcelona

Spain's second largest city offers a unique, memorable experience for travellers

ROMINA MCGUINESS
Metro World News

Quirky, eccentric and fiercely patriotic. Barcelona has it all — beaches, great nightlife and amazing shopping and sight seeing.

WHY GO NOW?

Visiting Barcelona, Spain's second largest city, is like going to another country altogether. With its own language (Catalan), laws and traditions, people here are fiercely proud of their city. Eclectic, dreamy, and super trendy, Barcelona is less oppressive than the capital city Madrid and much more quirky. Being on the coast, temperatures are also great all year round.

IT'S MY FIRST TIME

Avenue of Las Ramblas

The brouhaha along the broad Avenue of Las Ramblas makes it one of the most exciting streets in Spain. You can pick up a tweeting bird (in its cage), flower bouquets, printed T-shirts or stop for a cana (small beer) and listen to the street music.

Grab a breath of fresh air at the city's waterfront, only a short walk from Las Ramblas. On Sunday mornings, local families and tourists rub shoulders strolling along the sand and dipping their toes in the somewhat chilly Mediterranean. Order a fragrant dish of seafood paella or fried calamari at La Mar Salada (Passeig Joan de Borbó).

I'VE BEEN BEFORE

Parque Guell

Eccentric artist Antoni Gaudí's colorful and crazy Parque Guell is a great way to spend the day. Bring a picnic and see some of the artists' most creative designs — the park is a UNESCO World Heritage Site. Culture is the life and soul of Barcelona, so dropping by the Museu Picasso (museupicasso.bcn.es) is a must. Some of his greatest work is on display here.

WHERE TO SHOP

Head to the antiques market held in front of a cathedral on Plaça Nova, in Barrí Gòtic district. It's a beautiful place to buy all sorts of bits and bibelots; dramatic manila shawls, posters, sturdy jewelry and the odd dusty old typewriter. Haggling isn't an option, it's a must.

Established in the 18th century, the bustling Mercat de la Boqueira (La Rambla, 91) is great for a not-so-ordinary afternoon shopping. Fresh fruit and vegetables form vivid pyramids of color and stalls sell pretty much everything Spanish and delicious from fresh cheeses, to breads and cuts of meat.

WHERE TO GO OUT

Stand up tapas bar Quimet & Quimet (Poeta Cabanyés 25) is a great way to start the night. The cramped space manages to remain cozy and all sorts of cans and bottles cover the wall from top to bottom. Its "New York meets Catalunya" vibe spreads to the delicious menu of cream cheese (all cheeses are overwhelmingly used as the leading ingredient here), beef and sweet tomato to jam.

The wine selection is particularly good. Watch people fill their glasses or even bottles with wine pouring (not literally) out of the oak barrels at Bar Bodega Teo, a local fixture since opening in 1951. The interior design is flashy and fabulous- fairy lights and insect lamps are there to keep you out of the dark.

The market at La Boqueria is a great place to find fresh food.

ALL PICTURES METRO WORLD NEWS

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Taking a cable car ride can give you a great view of the city.

Three exciting things to do

- Sagrada familia: Gaudí's masterpiece dominates the city of Barcelona. Surreal, stunning and unique. Absolutely not to be missed. sagradafamilia.cat
- Cable car: Regular trips to the top of Montjuïc by cable car. Dizzying, but the views of the city are worth the heart racing experience. tmb.net
- Segway tour: It's weird but it gets you from A to B much quicker than walking. Double up on sight-seeing. barcelona-segwayglides.com

This Spanish city offers a mix of historical and modern attractions.

Top tips for Barcelona

Best Apartments

El Palauet is a series of six apartments (+34 93 218 0050; epliving-barcelona.es) that can be rented for a minimum of three days.

Each has stylish modern, white interiors, and a terrace overlooking Passeig de Gracia. There's also a spa that residents can use.

Best Pre-dinner Drinks

La Vinya del Senyor (+34 93 310 3379) is does wine by the glass with delicious bar snacks. Dry Martini's (drymartinibcn.com) name speaks for itself. This fabulous bar serves stiff drinks in grown-up surroundings. Mirablau (mirablaubcn.com) has terraces that are perfect for watching the sun go down. Alternatively, have drinks outside at the Park Güell right before it closes. GLOBALISTA

Culture CLub could reunite
He isn't promising anything, but Boy George has said that his former band Culture Club may reunite in 2011 to mark the three decades since their formation. "I think we could do a one-off gig or maybe a small tour," he told the BBC. POPEATER.COM

Entertainment

For the kids
What do Robert Downey Jr., Katy Perry and a few hundred gallons of green slime have in common? The stars are set to help dole out Nickelodeon's 23rd Annual Kids' Choice Awards this Saturday. PEOPLE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Baruchel tames Dragon

NED EHRBAR
Metro World News

Jay Baruchel is the first to admit he's easy to please, and making his latest film, the animated How to Train Your Dragon, gave him plenty to smile about — including fulfilling a lifelong goal of having an action figure based on one of his characters. Baruchel sat down with Metro to talk about Scottish accents, hamburgers and why Canadians are so funny.

Canadian actor Jay Baruchel voices a character named Hiccup in the new animated film How to Train Your Dragon.

Q How did you like making an animated film?

A For me it was a lot of fun because I got to record a lot of it in Montreal. I was able to just record and go home, which is pretty cool. It's always fun when you're doing it with other actors, but there's something to be said about just coming in for two hours, doing each line 10 times, eating a hamburger and going home. I can't stress enough how they always had hamburgers waiting for me. It was pretty cool.

Q Hamburgers were a specific requirement?

A Yeah, it kind of was. Even when I did some recording for the DVD. I was only going to be in there for half an hour, and they're like, "We got In & Out on the way, it's coming." It was amazing. Even in New York, when I was recording there, I'd roll in and they'd be like, "OK, we just sent someone out to McDonalds for you." That was great.

How to Train Your Dragon opens Friday

Q Why do you think Canadians, on average, are funnier than Americans?

A Well, I won't say that. I know better than to agree to that. But what I'll say is we export a lot of funny people. Actually, generations of people have tried to answer that question. What makes us funny? It's basically because we're equal parts in Great Britain and the U.S., so we have two different comedic sensibilities.

Movie feature

Q Do you get an action figure of yourself for this movie?

A I do. I'm a Happy Meal toy, which is a huge benchmark in my career. For someone that eats as many hamburgers as I do, to be a readily available toy at one of the places that sells said hamburgers is a pretty big thrill, honestly.

Q In the movie, the adults are voiced by Gerard Butler and Craig Furgeson, while the kids are voiced by you, America Ferrera and Jonah Hill. Do Vikings become Scottish at some point during puberty?

A All the old guard talk a certain way ... I read a review where they said we sound like kids that could be found at any mall. But yeah, there's a point when your balls drop and you start talking Scottish.

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Spacek joins medical drama

Coming off a multi-episode arc on HBO's Big Love, Sissy Spacek is heading to CBS for another TV gig. The Oscar-winning actress has joined CBS' John Wells-produced medical drama, according to The Hollywood Reporter. METRO NEWS SERVICES

Springer hosts new dating game

GAME SHOW Jerry Springer is reinventing himself again, this time as host of a dating game series.

Baggage, debuting next month on the Game Show Network, gives three contestants the chance to win the eye of a prospective date. The hitch: Contestants have to reveal their faults and foibles.

Jerry Springer

Among the planned suitors: a shoplifter, a woman who gets advice from psychics and a control freak.

Springer called "Baggage" a family-friendly show that's "just fun and lighthearted. There's no life-changing issues."

"I'm like the crazy old uncle," he said. "People feel comfortable telling me their secrets, that I won't be judgmental."

The series debuts April 19.

THE ASSOCIATED PRESS

The sky's the limit for Fly Girls

New show follows glamourous — or not —lives of flight attendants

These flight attendants are bringing sexy back.

Fly Girls, a CW reality show debuting 9 p.m. ET today, follows the lives of five Virgin America flight attendants as they jet around the country.

The eight half-hour episodes will feature the attendants sharing a home in Los Angeles, working long hours while dealing with grumpy passengers and partying on their layovers in cities such as Las Vegas, Miami Beach and New York. The series promises stories filled with romance, family and friendships.

Fly Girls premieres tonight

"Everything that you are going to see is real — all the relationships, all the reactions," executive producer Jeff Collins said. "The series itself has a lot of twist and turns in it, some of it is very personal, and that's all real. You can't manufacture that."

It's that work experience producers hope will give "Fly Girls" an edge over other reality shows.

"These women came to the table with a story, with a history," Collins said, adding that they were already friends or acquaintances before filming began.

Tasha Dunnigan, 28, has worked for nearly three years with the San Francisco-based airline that launched in August 2007. "My number one thing is to show people I am a single mother, I have a son and that everything is possible," she said.

"My job makes me be away from my son, days at a time. But if that's ... what you have to do to make ends meet, that's what you have to do. And at the end of the day, there is always a brighter side."

Dunnigan filmed one chilly day with cast members Louise Nguyen, 28, and Many Roberts, 26, at the popular South Beach spot Nikki Beach, where they lounged on outdoor beds.

The new reality show Fly Girls follows the lives of five Virgin America flight attendants.

Virgin Atlantic President Richard Branson makes a cameo appearance on the series.

Capturing the work environment was a balancing act for the production crew, since they had to comply with federal rules and regulations, and airline requirements.

Federal Aviation Administration officials met with Virgin America representatives in October 2009 to discuss the airline's involvement in the series. Virgin had to agree to include a management representative on board every flight when filming took place.

The airline also had to notify all passengers that filming would take place on their flight. The cast served as extra crew so that the primary flight attendants could focus on their jobs.

The film crew was barred from shooting cockpit footage when a plane was airborne.

THE ASSOCIATED PRESS

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Deadliest Warrior gears up for bloodier second season

Inside the downtown warehouse where the second season of Deadliest Warrior is in production, an impaled ballistics gel dummy — complete with phoney blood-filled organs — slowly slides down a towering wooden stake.

The grisly snail-like movement, almost invisible to the human eye, is meticulously captured by a super-fast high-speed camera.

"This is the most gruesome thing I've seen on the show," says Dr. Armand Dorian, an emergency room doctor who serves as the show's medical expert. "It's a nine-foot pole going through someone's rectum all the way out through their clavicle. That's pretty bad. Having said that, I have seen similar impalements in real life. Nothing purposely done, of course."

It's just another gory day on the set of Spike TV's popular hypothetical fighting show, which mixes science, history, fantasy and gore to hypothesize the results of make-believe matchups between real-life combatants. On one rainy winter day last month, gnarly Romanian warlord Vlad the Impaler and meticulous Chinese general Sun Tzu were on the fight roster.

While the show's science and technology may be complicated, the premise is absurdly simple: Who would reign in a fight between, for example, a pirate and a knight? The real winner seems to be Spike. The first season averaged an admirable 1.8 million viewers and was the testosterone-laden cable network's best-selling series on downloadable platforms last year.

"You've got gadgets, tidbits of history and medicine, and you've got carnage," says Geoffrey Desmoulin, the show's resident biomedical engineer who also holds a black belt in karate.

"I think the reason it's so successful is that it keeps your regular Spike viewer engaged, but it's also bringing in people from Discovery, ESPN and other channels." THE ASSOCIATED PRESS

Deadliest Warrior's second season premieres April 20.

EVAN AGOSTINI/AP PHOTO/SPIKE TV

Host Geoff Desmoulin holds a weapon during taping of an episode pitting Vlad The Impaler vs. Sun Tzu for Spike TV's Deadliest Warrior, in Los Angeles.

	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 3/24/10	251	308	3 CBC	Wheel Fortune	Jeopardy! (N)	Just for Laughs (CC)		Republic of Doyle (N)		CBC News: The National (N)		(:05) The Hour
	254	-	9 OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		The Simpsons
	250	321	9 CTV	etalk (CC)	Access H.	Criminal Minds (CC)		American Idol (CC)		CSI: NY "Cuckoo's Nest"		CTV News
	-	-	10 JOY	Archaeologist	The Insider	The Practice "Liberty Bells"		Third Watch "Judgement Day"		P3	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	Survivor: Heroes vs. Villains		Kitchen Nightmares (N) (CC)		Melrose Place "Mulholland"		News
	256	389	12 VI	Degrassi	TMZ (N) (CC)	America's Next Top Model (N)		Law & Order: Special Victims		The Listener "Inside Man"		A News (N)
	253	359	13 CITY	The Office	The Office	Mercy "Of Course I'm Not"		Family	Cougar Town	(:01) Ugly Betty (N) (CC)		EP Daily
	-	-	14 CW	The Office	The Office	America's Next Top Model (N)		Fly Girls	High Society	Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Survivor: Heroes vs. Villains		Criminal Minds (CC)		CSI: NY "Cuckoo's Nest"		KIRO 7 News
	287	379	16 NBC	Evening Mag.	Inside Edition	Mercy "Of Course I'm Not"		Law & Order: Special Victims		Law & Order: Special Victims		KING 5 News
	602	568	19 W	Supernanny "Bullard Family"		Grocery Bag	Grocery Bag	Grocery Bag	Restaur.	Girl's Best Friend (2008) Janeane Garofalo.		
	288	380	21 ABC	Wheel Fortune	Jeopardy! (N)	Family	The Middle	Family	Cougar Town	(:01) Ugly Betty (N) (CC)		KOMO 4 News
	-	-	26 KVOS	M*A*S*H	M*A*S*H	Goal! The Dream Begins ★★ (2005, Drama) Kuno Becker.				Seinfeld	King	Cold Files
	291	383	27 PBS	ArtZone	Conver-KCTS	Great Performances (N) (CC)		Great Performances at the Met Life and loves of E.T.A. Hoffmann. (N) (CC)				
	290	382	28 FOX	Two/Half Men	Two/Half Men	Human Target "Corner Man"		American Idol (CC)		Q13 FOX News at Ten (N)		Family Guy
	-	364	43 PBS	Jimmy Sturr-Orchestra		Pat Boone: Love Letters in the Sands of Time		Ed Sullivan's Rock and Roll Classics: The 60s (CC)				
	296	654	54 SBK	Frasier (CC)	Frasier (CC)	The Office	Name Is Earl	South Park	Half & Half	Paid Program	Street Court	Cold Files
	298	653	55 TLA	Two/Half Men	Two/Half Men	America's Next Top Model (N)		Fly Girls	High Society	KTLA 5 News at 10 (N) (CC)		Friends (CC)
	295	651	66 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Friends (CC)	Friends (CC)	Maury (CC)	
	297	652	67 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
	199	311	76 STR	CTV News	NTV Latenight News		Late Show W/Letterman		Late Late Show/Ferguson		Inside Edition	Seinfeld
news	502	390	29 NW	Eco Home Challenge (N)		CBC News: The National (N)		CBC News: The National (N)		Eco Home Challenge (CC)		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Saturday Night Poker		Hockey	UFC	The Ultimate Fighter		Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	NHL Hockey Anaheim Ducks at Vancouver Canucks. (Subject to Blackout)					SportsCentre	World Series of Poker		SportsCentre
	411	457	49 OLN	Ghost Hunters Academy		Destination Truth (CC)		Oper. Repo	Oper. Repo	Ghost Hunters Academy		Ghost Hunters
	410	403	54 SCR	NBA Basketball Los Angeles Lakers at San Antonio Spurs.				Score Now		Score Now		Final Score
	417	406	55 SC	Pass Time (N)	Pass Time (N)	Pass Time	NASCAR Hub	Racing Chef	NASCAR	Dangerous Drives		Pass Time
	416	409	144 GLF	Toronto-Today	MLS Weekly	Toronto	Gol TV News	MLS Weekly	Toronto-Today	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	iCarly (CC)	That's-Weird	Malcolm-Mid.	Hates Chris	8 Rules	What I Like	Family Biz	To Be Indie	Prank Patrol
	555	545	50 TEL	Johnny Test	Total Drama	Total Drama	6TEEN (CC)	Futurama	King of Hill	American Dad	Futurama	Chicken
	557	541	51 FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	553	546	53 TRE	Little Bear	Toopy	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Billy Connolly: Journey to the		Mekong: Soul of a River (N)		The Barcelona Concert		(:03) Malibran Rediscovered		Bethune
	575	583	20 CMT	Home Imp.	Home Imp.	Due South (CC)		Amer. Funniest Home Videos		Reba (CC)	Reba (CC)	According-Jim
	570	580	24 MM	My Date	My Date	UR11		America's Best Dance Crew		My Date	My Date	Video on Trial
	600	564	29 H&G	House	House	Holmes on Homes (CC)		Agent-Agent	Real Estate	Property	Unsellables	House
	615	520	31 A&E	Bounty Hunter	Exterminator	Exterminator	Exterminator	Bounty Hunter	Bounty Hunter	(:01) Dog the Bounty Hunter		Bounty Hunter
	628	584	32 SPKE	UFC	UFC	UFC Unleashed		UFC	UFC	CSI: Crime Scene Invstgtn.		Mysteries
	521	560	34 TLC	Addicted "Klea" (N) (CC)		Hoarding: Buried Alive (CC)		Addicted "Klea" (CC)		Natalee Holloway: Lost		Addicted
	616	522	39 SHO	Relic Hunter (CC)		The House Next Door (2006) Lara Flynn Boyle. (CC)				HawthoRNe (CC)		NCIS "Tribes"
	620	523	40 BVO	White Collar (CC)		Law & Order "Working Mom"		Without a Trace "Bait" (CC)		White Collar (CC)		Red Shoe
	601	562	41 SLC	End of Leash	End of Leash	ET Canada	Whatever	Real Housewives of New York		Real Housewives OC		Runway
	520	505	42 DIS	Solving History-Olly Steeds		Daily Planet (CC)		Solving History-Olly Steeds		I Could Do	I Could Do	Howe & Howe
	522	506	44 HIS	Ice Pilots NWT "40/40/40"		Ice Road Truckers (CC)		Ice Road Truckers (CC)		Ice Pilots NWT "40/40/40"		Re-Inventors
	627	528	45 SPC	Supernatural (CC)		InnerSpace	Stargate SG-1 "Prometheus"		Star Trek: Next Gener.		Star Trek: Voyager (CC)	
	294	650	47 TBS	The Tyler Perry Show		Lopez Tonight (N)		The Tyler Perry Show		Sex and-City	Sex and-City	Lopez Tonight
	619	525	48 TROP	Dog Whisperer (CC)		Hoarders "Julie and Shannon"		Hoarders (CC)		Parking Wars	Parking Wars	Spoiled
	603	561	52 FN	Chopped "Chopped Liver"		Restaurant Makeover (CC)		Diner, Drive-In	Unwrapped	Chopped "Chopped Liver"		Iron Chef Am.
	-	-	53 AMC	(5:00) Volcano	Escape From L.A. ★★ (1996) Kurt Russell, Stacy Keach. (CC)				Breaking Bad "No Mas"		(:32) Star Trek: Nemesis ★★	
	626	547	57 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Lucky Louie	Hot Box	Daily Show
	320	621	60 CEN	(6:25) The Thaw (2009, Horror)		Assassination of a High School President			Trouble the Water ★★★★ (2008) (CC)			Death Race
	581	566	101 MTV	The Real World (N) (CC)		MTV Live	Sex News	Spring Break Challenges		The Real World (CC)		MTV Live
	261	394	102 V	(6:00) Jesus: The Lost Years		Archaeologist	Unearthed	Jesus: The Lost Years Based on the book. (CC)				Paid Program
	-	-	105 MUL	My Queen	Immortal	Van. Nights	Iranian Pop	Sabor Latino		Sabor Musical	Temas	Patrol World

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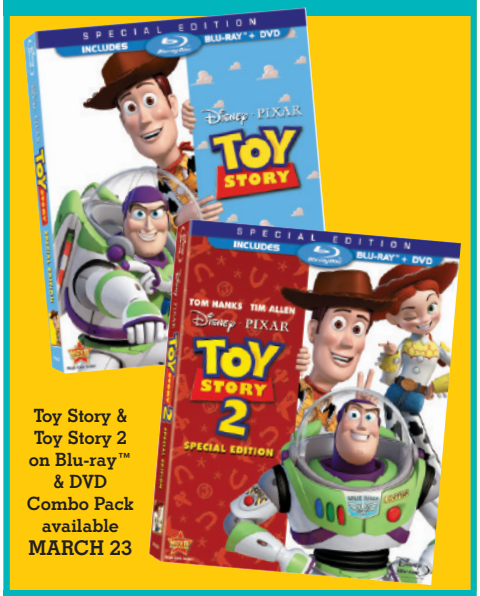

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Celebrity Buzz

Could Hilton's reality TV days be numbered?

ATHEISTS, START PRAYING — WE CAN DO THIS Paris Hilton has reportedly been shopping around a new reality show that will track her upcoming engagement and marriage to Doug Reinhardt — but no one's interested, according to Page Six. "She's been on TV constantly since 2003, when The Simple Life debuted, and the public may be saturated with Paris," a source says.

METRO WORLD NEWS

Supermodel's hubby fears for her safety

NOT QUITE ON THE SAME LEVEL THERE, MATTY Claudia Schiffer's husband is terrified she will be murdered by a fan, just like John Lennon.

Director Matthew Vaughn — who confronted a stalker in the couple's home in Suffolk, East England, in 2004 — has serious concerns for the safety of his supermodel spouse, femalefirst.co.uk reports.

METRO WORLD NEWS

Hewitt gives herself a public pep talk

BECAUSE I'M GOOD ENOUGH, I'M SMART ENOUGH ... Jennifer Love Hewitt is taking her recent breakup with Jamie Kennedy in stride. "It's what life handed me, and I'm OK with it," she tells USA Today. "I know wholeheartedly that I'm a really good partner. I think I'm a really good girlfriend, and I think that I could be a really good wife." As for going back to work on The Ghost Whisperer, co-starring Kennedy, the actress says, "It's fine. Everyone's a grown-up. It just is what it is."

METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets

SAMANTHA RONSON gives a lesson in the art of the diss, **ASHTON KUTCHER** is thinking about retirement, and **JUSTIN BIEBER** goes after an older woman.

@samantharonson Someone please tell Kat Von D that if she's gonna make fun of someone for being dumb "it's not rocket surgery" is not the phrase.
@aplusk Health care has been reformed. I'm gonna quit my job.
@justinbieber Barbara walters just came backstage earlier. I hit on her... Just joking around though. Think she liked it. Haha

METRO NEWS SERVICES

McGee 'obsessed' with James, says ex

THEY SOUND PERFECT FOR EACH OTHER Ronald Shane Modica is speaking out about his ex-wife Michelle "Bombshell" McGee and her alleged affair with Sandra Bullock's husband Jesse James, usmagazine.com reports.

Modica — who unsuccessfully filed emergency court papers last Friday for full custody of Avery, his five-year-old son with McGee — says that his own marriage suffered as a result of his wife's preoccupation with the Monster Garage star.

"We had problems during our marriage because of her obsession with Jesse James," Modica tells The Insider. "I once walked into the salon that she owned and she had our wedding photo up there on her mirror and there was a cut out picture of Jesse James' face over my face."

The ex-husband also explains that James' affair with McGee began in May 2009 -- and that McGee made inflammatory accusations about James and Bullock's union.

Bullock and James have been getting in touch with lawyers just in case things get messy after news of James' alleged infidelity came to light, according to TMZ. Sources say Bullock's reps have been in touch with several top divorce attorneys.

METRO NEWS SERVICES

Murphy 'not on drugs,' ready to start family, says husband

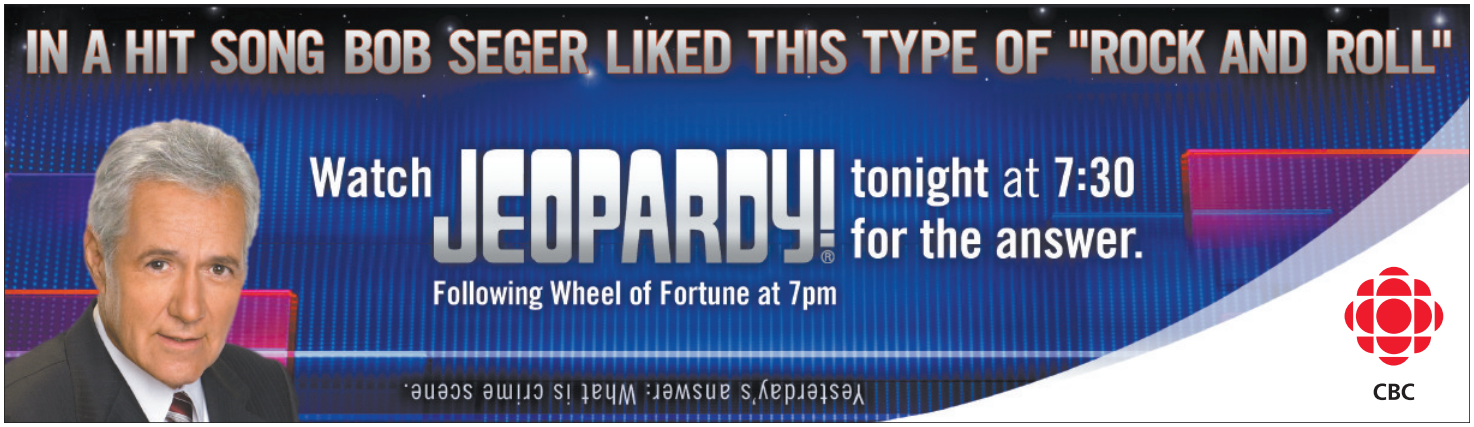
THE MONJACK DOTH PROTEST TOO MUCH Brittany Murphy was making plans to have children the night before she died, femalefirst.co.uk reports.

The actress — who passed away at age 32 on Dec. 20 — had been discussing starting a family with husband Simon Monjack and the pair even chose names and spoke about moving to New York to raise their kids.

Simon said: "She knew her career wasn't in the best place. She was ready to kind of be a mother and that was what a lot of the talk was about.

The British screenwriter has again blasted speculation the actress was on drugs, insisting he would have been "very worried" if she had consumed illegal substances because she had such a colourful personality.

METRO NEWS SERVICES



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Thursday 70% Rain 9° / 6°
Friday 40% Showers 10° / 6°
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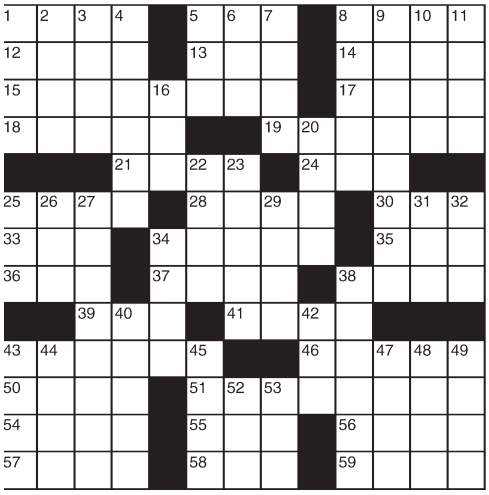
Take Five



ACROSS

1 Satan's minions
5 Afternoon get-together
8 Burn somewhat
12 Paint layer
13 Lummox
14 Sitarist's music style
15 And so forth
17 "— Named Sue"
18 "Superman" star
19 Wreak havoc on
21 Big fair
24 D.C. title
25 Become a member
28 Reed instrument
30 Moray, for example
33 Samovar
34 La Scala show
35 Kanga's kid
36 Sleuth
37 Part of a three-piece suit
38 Slamming sound
39 Expert
41 Being, to Brutus
43 Mourn
46 Third rock from the sun
50 Sleeping
51 Skin cream ingredient
54 Antitoxins
55 Pod denizen
56 Tend texts
57 Celebrity
58 Knight's address
59 Lasso

DOWN

1 Bakery worker, at times
2 Speck
3 Walk the floor
4 Spielberg or Soderbergh
5 Pirouette pivot
6 Listener
7 Somewhere out there
8 Want really bad
9 "Carmen" number
10 Enthusiastic, plus
11 Martha of comedy
16 Ritter of Westerns
20 On a cruise
22 Benedict XVI, e.g.
23 Unpleasingly plump
25 Stick out
26 Raw rock
27 Secretly
29 Doggie bag fill
31 Quite some time
32 Journal
34 Microwave
38 Dam builder
40 Fragrant wood
42 Witness
43 Glaswegian gal
44 Help hoods
45 Reveille's opposite
47 Give a makeover to
48 Stumble
49 Loathe
52 Mainlander's memento
53 Rowing need

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	3		7			2	5	
5				6		9		4
4				3				
	2	1			7		6	
				1				
	9		5			1	4	
				2				1
9		5		7				8
	7	8			6		9	

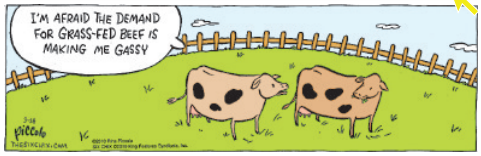
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

B	A	R	B		E	N	D		I	N	F	O
I	D	E	A		L	E	I		R	E	A	P
B	O	X	S	E	A	T	S		O	O	Z	E
			S	O	N		T	I	N	N	E	D
A	S	H	E	N		H	A	R	I			
R	I	O	T		M	U	S	I	C	B	O	X
A	L	A		S	O	R	T	S		A	P	E
B	O	X	S	C	O	R	E		W	R	E	N
			M	A	N	Y		A	R	E	N	A
L	A	M	A	R	R		A	G	A			
U	S	E	R		I	D	I	O	T	B	O	X
T	E	A	M		S	O	D		H	O	N	E
Z	A	N	Y		E	W	E		S	P	E	D

9	8	3	2	4	6	1	5	7
5	2	1	7	3	9	4	6	8
7	4	6	5	1	8	2	9	3
6	3	7	1	2	4	9	8	5
4	9	2	3	8	5	7	1	6
8	1	5	9	6	7	3	4	2
1	7	8	4	5	3	6	2	9
2	5	9	6	7	1	8	3	4
3	6	4	8	9	2	5	7	1

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Quinoa With Balsamic Vegetable Kebabs

INGREDIENTS:

2/3 cup quinoa, rinsed
1 2/3 cups hot vegetable stock, made with stock cube
2 x 250-g packages roasting vegetables
2 tbsp sunflower oil
2 sprigs of fresh thyme
200 g can corn, drained
1 tbsp butter
125g frozen peas
250 g marinated tofu, cut into bite-sized cubes
1 tsp mild chili powder
3 tbsp chopped fresh parsley
2 tbsp balsamic vinegar

METHOD:

1. Preheat oven to 400°F (200°C). Place quinoa and stock in large pot; add 1/2 tsp salt and ground black pepper. Boil, then cover and simmer gently 10 minutes.
2. Meanwhile, push roasting vegetables onto eight metal skewers, brush with oil and scatter with some leaves from thyme sprigs. Place in shallow roasting pan and season. Roast 10-12 minutes or until vegetables begin to soften.
3. Stir corn into pot of quinoa and add butter, peas and tofu. Add chili powder. Cover and cook gently 5 minutes. Remove from heat and leave to stand. Add parsley and fork through.
4. Drizzle balsamic vinegar over kebabs and return to oven to roast until just tender. Serve with quinoa.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
You will be rather tense today but you will do okay if you keep in mind at all times that nothing can hurt you.

TAURUS ♉
APRIL 21-MAY 21
Don't try too hard to put your thoughts into words. This is one of those days when it is might be better to say nothing at all.

GEMINI ♊
MAY 22-JUNE 21
You may not be in the best of bargaining positions at the moment but that does not mean you are doomed to lose out or lose money.

CANCER ♋
JUNE 22-JULY 22
For some reason you have got it into your head that you need to be better than everyone else. That's nonsense.

LEO ♌
JULY 23-AUG 23
Your mind seems to be working overtime at the moment: ideas come to you so fast you hardly have time to write them all down.

VIRGO ♍
AUG 24-SEPT 22
Virgo is a sympathetic sign and the best way to show that you care today is to give your time to some kind of charitable cause.

LIBRA ♎
SEPT 23-OCT 23
You may wish you had never started a particular project but you have no choice but to see it through to the end.

SCORPIO ♏
OCT 24-NOV 22
If you think that something is going to go wrong today it most likely will – it is your own negative attitude that is attracting negative events.

SAGITTARIUS ♐
NOV 23-DEC 21
It's one thing to say you should love your neighbor, but some people don't make it easy. If someone is particularly annoying, try to avoid them.

CAPRICORN ♑
DEC 22-JAN 20
You may be feeling a bit insecure at the moment but that is not an excuse to grab at the first decent offer that comes along.

AQUARIUS ♒
JAN 21-FEB 18
Something is worrying you to such an extent that you can't get it out of your mind. By this time tomorrow, however, you will have forgotten why.

PISCES ♓
FEB 19-MARCH 20
Don't commit yourself to any new purchases today. What seems like a bargain may cost you several times more in the long-term.

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